



# Fuel Up

You've got choices.  
Give your body  
the right fuel.



## Eat a Variety of Foods.

You need more:

- Fruits
- Veggies
- Whole Grains (like whole-grain bread or cereal)
- Low-Fat Dairy (like yogurt, milk, and cheese)

Round out your diet with some:

- Protein (like lean meats and poultry, fish, beans, nuts, and seeds)



## Quench Your Thirst.

Drink mostly water or low-fat milk and avoid soda.

A soda packs more than eight teaspoons of sugar—that's a lot of empty calories, not to mention what it can do to your teeth. Save soda for special occasions, not every day.

## Snack Smart.

Pick healthy snacks that keep you revved up between meals.

- Fresh veggies like carrots or celery sticks
- Pretzels
- Low-fat yogurt
- Crackers—try graham crackers, animal crackers, or saltines
- Bagels
- Fig bars
- Fruit juice boxes—make sure you choose 100% pure fruit juice, or for an added boost, try juice with added calcium
- Small packages of trail mix
- Fresh fruits such as apples, bananas, oranges, grapes, or berries



Find out more on **BAM! Body and Mind™** at [www.bam.gov](http://www.bam.gov)